

Yogis Yoga Class Schedule (Sep 2025)

荃灣灰窰角街8號,第一亞洲中心8樓A室 (Plaza 88, 爵悅庭對面)
Flat A, 8/F, First Asia Tower, No.8 Fui Yiu Kok Street, Tsuen Wan, NT.

新界區(荃灣)
(第一亞洲中心課室)

 瑜伽課堂whatsapp查詢專線
93345673 / 97864213

R2 = RYT 200
R3 = RYT 300
R5 = RYT 500
*G = Ground (地面)(1小時扣1堂)



Mon	Tue	Wed	Thu	FRI	Sat	Sun
Carmen L (19:00-20:00) 纖體減壓瑜伽 (G)	Yan - R2 (19:15-20:15) 哈達瑜伽 (G) Hatha Yoga (G)					
	Yan - R2 (20:15-21:15) 瑜伽輪 (G) Wheel Yoga (G)					**所有課堂以電腦系統資料為準